P46 Diabetes Prevention Program Results in Immediate Lifestyle Changes Independent of Weight Loss

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Objective: This study measured the immediate impact of lifestyle changes taught by the Diabetes Prevention Program (DPP), understanding that changes may not be reflected in weight loss.

Study Design, Settings, Participants: This study followed 34 adults in the DPP. Participants received classes from the CDC's curriculum and emails with follow-up information and videos, created outside of the CDC's curriculum. Surveys were created to measure the immediate impact of topics covered in each period (2, 3 and 4 months) by comparing participants' wellness practices before and after the intervention.

Measurable Outcome and Analysis: Wellness practice ratings were used to evaluate the immediate impact of the DPP. Areas of interest included compliance with 2015 Dietary Guidelines, physical activity, and stress management. Average weight loss was recorded.

Results: Participants filling half their plates with vegetables increased from 23% to 55%. Participants engaging in 30 minutes of physical activity increased from 18% to 60%. Participants who "Almost Always" ate in response to stress decreased from 33% to 0%. Of the participants who received emails, 80% watched the videos. 67.6% of participants lost weight, ranging from -6.4% to 10.6% weight loss and an average weight loss percent of 0.30%.

Conclusion and Implications: Participants immediately implemented the lifestyle changes they learned from the DPP, although average weight loss was low. To better understand the impact of the DPP, future studies could evaluate the long term maintenance of lifestyle changes and compare lifestyle changes made by those who received the emails and videos, versus those who did not.

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P47 Dietary and Exercise Counseling Provided to Clients at Risk for Cardiovascular Disease: Findings from National Health Survey

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Objective: To examine the provision of dietary and exercise counseling to clients with comorbid conditions

who are at risk for cardiovascular disease (CVD), and the relationship to BMI.

Study Design, Setting, Participants: Secondary analysis of the 2013 National Ambulatory Medical Care Survey (NAMCS) data for respondents ≥ 30 years and obese (BMI ≥ 30) with diabetes, hypertension and/ hyperlipidemia). Respondents data (n=1574) were compared to examine reports of dietary and exercise counseling provided.

Measurable Outcomes and Analysis: Proportion of dietary and exercise counseling reported by respondents. Univariate comparisons of respondents characteristics were completed using descriptive and chi-square statistics. Binary logistic regression conducted to determine the odds of receiving counseling after controlling for relevant covariates.

Results: The mean age of respondents included in analysis was 61.1 years (9.8 SD) with mean BMI=39.3 (6.8 SD). Only 31% of the respondents received dietary and/ exercise counseling despite their comorbid conditions. Chi-square test was significant for BMI groups, $\chi^2(2, N=1574) = 6.44, p=.04$ and ethnicity, $\chi^2(3, N=1574) = 12.0, p=.01$. Further logistic regression analysis revealed minority groups were more likely to receive counseling (White=reference) -Blacks (OR=1.4, $p=.05$, 95% CI=1.01-1.96) and Hispanics (OR=1.7, $p=.01$, 95% CI=1.15-2.47).

Conclusions and Implications: Findings indicate overall percentage receiving dietary and exercise counseling is very low despite their comorbid conditions. Additionally, minority groups are more likely to receive counseling compared to Whites. In defining the future of care to reduce health disparities and promote healthy aging there is need for further studies to better understand why obesity and comorbid conditions are not decreasing among minority groups despite this effort.

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P48 Differences in Dietary Behaviors and Nutritional Risk by Living Status in Korea Adults

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Objective: People living alone have been reported to eat differently from those living with others. Rapid increase in the number of people living alone has become a social issue in South Korea, yet few studies have examined the issue. This study aimed to examine whether and how living status was associated with dietary behaviors and nutritional risk among Korean adults.

Study Design, Setting, Participants: A cross-sectional study was conducted using the Korean National Health and Nutrition Examination Survey (KNHANES 2005~2013)

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data. A total of 38,981 Korean adults aged above 18 was included in this study.

Outcome Measures and Analysis: The independent variable of this research was the living status (single-person households vs non-single-person households). The dependent variables were dietary behaviors and nutritional risks based on energy and nutrient intake. Complex sample analysis for KHANANES was conducted separately for three age groups (19-29 yr, 30-64 yr, and 65+) and sex.

Results: Single-person households had more frequently skipped meals and were less food secure than non-single-person households. People living alone in the 19-29 year-old group also seemed to eat out more frequently than those living with others. In the 30-64 year-old and the 65 + year-old women group, nutritional risk on inadequate intake of nutrition was higher in single-person households than non-single-person households.

Conclusions and Implications: Results of this study indicated that single-person households were more likely to be at inadequate nutritional status, especially among the 30-64 and the 65 + year-old women group. The inadequacy of those living alone should be more studied and met through changes in food environments and supports.

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P49 Drivers' Lunch Break, Health, and Work Performance: A Study on Japanese Drivers at a Courier Company Who Skip Lunch

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Objective: Lunch breaks are the most common within-workday break. However, drivers working at courier companies are often pressed to complete their daily tasks, making them feel unable to take a lunch break. We examine the characteristics of drivers who skip lunch, such as demographics, lifestyle, health, and work performance.

Study Design, Setting, Participants: A cross-sectional survey of 447 Japanese drivers working at a courier company in 2016; 364 (response rate=81.4%) were analyzed.

Outcome Measures and Analysis: We compared the demographics, behaviors related to within-workday breaks, health-checkup information, and work performance of drivers who skipped lunch more than three days per week (≥ 3 days; $n=143$) and those who skipped

lunch less than three days (<3 days; $n=221$) using chi-square tests and logistic regression analysis.

Results: The ≥ 3 days group comprised more unmarried drivers (31.5% vs 21.7%, $p=0.037$), but the groups showed no differences in health-checkup indexes. However, more drivers in the ≥ 3 days group had "complaints from customers" (16.1% vs. 7.2%, $p=0.008$) and fewer drivers ate snacks (14.7% vs. 24.1%, $p=0.030$) and took 1 hour of break in total per day (15.4% vs. 41.2%, $p<0.001$). Logistic regression analysis showed that skipping lunch might increase "complaints from customers," even when adjusting for related factors (odds ratio=2.51, 95% confidence interval=1.20-5.22).

Conclusions and Implications: The results align with past research reporting that within-workday breaks influence workers' emotions and affective displays during customer interactions. Managers should be aware of these results and change work policies.

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